

Student Name \_\_\_\_\_ Teacher \_\_\_\_\_

This is a 3 week assignment to help you get in shape for your fitness tests.

**Try to do the following:**

Participate at least three times a week for the next 3 weeks.

Complete the activity log and return to Mr. Douvito.

You may do some of your workouts during physical education class.

Select activities from the back or do some of your own favorite activities.

Place a check mark in the box for each day you work out. Your workout should include a warm-up, strength development, aerobic activities, and a cool down.

**Warm-up:** at the beginning of the workout do at least three warm-up exercises. Move easily at first and gradually get faster. Hold a stretch for 10 counts and do not bounce. Be sure to do work for the upper body and legs.

**Strength development:** Do at least three strength exercises. Do as many of each exercise as you can up to 20.

**Aerobic activity:** begin with 2 to 5 minutes of your activity and gradually increase the time to 25-30 minutes.

**Cool-down:** do three of your favorite activities, from the back. Be sure to stretch upper and lower body.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Week 1</b> Warm ups Strength Aerobic Cool down							
<b>Week 2</b> Warm ups Strength Aerobic Cool down							
<b>Week 3</b> Warm ups Strength Aerobic Cool down							

# FITNESSGRAM Get Fit Exercises

## Warm-up activities



Side bend



Trunk twist



Knee lift



Calf stretch



Arm circles  
(bend knees slightly)



Jumping jacks  
(bend knees slightly)



Brisk walking

## Strength development activities



Crunch



Curl-ups



Sit-ups



Back arch



Wall sit



Lunges



Single leg lift



Arm curls



Military press



Wall pushups



Bent knee pushups



Push-ups

Roman Soldiers  
- Pushup position  
- touch opposite shoulder  
- switch and touch other shoulder

**Aerobic activities:** Jogging, Cycling, Swimming, Brisk walking, Rope jumping, Soccer, Basketball

Any Activity with Heart Rate 120-180

## Cool-down activities



Calf stretch



Thigh stretch



Sitting toe touch



Knee hug



Arm/shoulder stretch



Arm/side stretch

FIGURE B.2

From FITNESSGRAM/ACTIVITYGRAM Test Administration Manual, Fourth Edition by The Cooper Institute, 2005, Champaign, IL: Human Kinetics.